
Purpose	Identify requirements used when prescribing food packages according to category and nutritional needs of the client.
Supplemental Foods Definition	Supplemental foods mean those foods that promote health, for the WIC target populations, as indicated by relevant nutrition science, public health concerns, and cultural eating patterns.
WIC Food Packages	<p>The WIC food packages provide supplemental foods designed to address the nutritional needs of low income pregnant women, breast-feeding, non-breast-feeding postpartum women, infants and children up to five years of age who are at nutritional risk.</p> <p>The WIC food packages:</p> <ul style="list-style-type: none">• Are consistent with the dietary guidelines for Americans.• Support improved nutrient intake• Are consistent with established dietary recommendations for infants and children under two• Encourage and support breast-feeding.• Address emerging public health nutrition related issues.• Reinforce the nutrition education messages provided to participants by the program.• Appeal to diverse populations
Formula Requirements	<p>Infant formula must provide:</p> <ul style="list-style-type: none">• at least 10 milligrams of iron per liter of formula at standard dilution• approximately 20 kilocalories per fluid ounce of formula at standard dilution <p>Infant formula must:</p> <ul style="list-style-type: none">• be designed for enteral digestion via an oral or feeding tube• not require the addition of any ingredients other than water prior to being served in a liquid state <p>Refer to Section C of this volume for issuance of milk-based, soy-based, and special formulas.</p>
Exempt Infant Formula	<p>All authorized exempt infant formulas must:</p> <ul style="list-style-type: none">• meet the definition and requirements for an exempt infant formula.• Be designed for enteral digestion via an oral or feeding tube

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WIC Eligible Medical Foods

Enteral products that are specifically formulated to provide nutritional support for individuals with a qualifying condition, when the use of conventional foods is precluded, restricted, or inadequate.

WIC eligible medical foods must serve the purpose of a food, meal or diet. They may or may not be nutritionally complete.

WIC allowable medical foods must:

- provide a source of calories
- one or more nutrients;
- be designed for control nutrition via informal or feeding tube

WIC allowable medical foods may not:

- be a conventional food
 - drug
 - flavoring
 - or enzyme
-

Cereal Requirements

The maximum level of sugar allowed in cereals authorized for use in the Nebraska WIC Program is 6 grams of sugar per ounce.

Only cereals that contain a minimum of 28 milligrams of iron per 100 grams of dry cereal are allowed for children and women.

At least one half of the cereals must have whole-grain as the primary ingredient by weight.

Whole grain cereals must meet the following labeling requirements:

- Contain a minimum of 51%, whole grains.
 - Contain ≤ 1 g saturated fat per RACC
 - Contain ≤ 20 mg cholesterol per RACC
 - Have quantitative trans-fat labeling
 - Contain ≤ 6.5 g total fat per RACC
 - Contain $\leq .5$ g trans-fat per RACC
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Juice Requirements

Juice must be pasteurized 100% unsweetened fruit juice. Juice may be fresh, from concentrate, frozen, canned or shelf-stable.

Juice must contain at least 30 milligrams of Vitamin C per 100 milliliters of juice.

Milk Requirements

Milk may be any of the following forms:

- Pasteurized fluid whole,
- reduced fat,
- low-fat,

**Milk Requirements
(cont)**

- non-fat milk,
- cultured buttermilk,
- evaporated whole or skim milk,
- non-fat dry milk,
- lactose free or reduced milk
- acidophilus milk

Milks must contain at least 400 IU of Vitamin D per quart and 200 IU of Vitamin A per quart.

**Milk Alternatives
Requirements****Cheese:**

Domestic cheese made from 100% pasteurized milk.

Authorized cheeses include Monterey Jack, Colby, natural cheddar, Swiss, Brick, Muenster, , part skim or whole Mozzarella, pasteurized processed American, or blends of any of these cheeses. Cheeses that are labeled low, free, reduced, less or light in the nutrients of sodium, fat or cholesterol are WIC-eligible.

Soy-based Beverage:

Must be fortified to meet the following nutrient levels per cup:

- 276 mg calcium
 - 8 g protein
 - 500 IU vitamin K
 - 24 mg magnesium
 - 222 mg phosphorus.
 - 349 mg potassium.
 - 0.44 mg riboflavin.
 - 1.1 mcg vitamin B-12
-

Egg Requirements

Fresh shell domestic hens' eggs in medium or large sizes are allowed.

**Fruit and Vegetable
Requirements**

Any variety of fresh, whole, or cut fruit without added sugars.

Any variety of fresh, whole, or cut vegetables, except white potatoes, without added sugars, fats, or oils.

Orange yams and sweet potatoes are allowed.

Party trays of any fruit or vegetable and those containing dips, sauces, or other such items are not allowed.

The following are not allowed: herbs, spices, edible blossoms and flowers, fruit-nut mixtures, breaded vegetables, fruits and vegetables for purchase

on salad bars, peanuts, ornamental and decorative fruits and vegetables, garlic on a string, and fruit baskets.

**Whole wheat or
Whole-grain bread
and Other whole
unprocessed grains
Requirements**

Whole wheat bread:

Whole-wheat must be the primary ingredient by weight in all, whole wheat bread products. Whole-wheat buns and rolls are included.

Whole grain bread:

Must meet labeling requirements and as a “whole grain food” with moderate fat content:

- Containing minimum of 51% of whole grains.
- ≤ 1 g saturated fat per RACC
- ≤ 20 mg cholesterol, per RACC
- ≤ 6.5 g total fat per RACC
- ≤ 0.5 g trans fat per RACC
- Have quantitative trans fat labeling

Tortillas:

Soft corn and whole wheat tortillas are allowed. Whole grain must be the primary ingredient by weight.

Other whole unprocessed grains:

Brown rice without added sugars, fats, oils or salt is approved. May be instant or regular cooking.

**Legume
Requirements**

Any type of mature dry beans, peas, or lentils in dry-packaged or canned form. They may not contain added sugars, fats, oils, or meat as purchased.

Soups and soup mixes are not allowed.

**Peanut Butter
Requirements**

Creamy or chunky forms are allowed.

**Canned Fish
Requirements**

Up to 30 ounces of canned tuna and/or pink salmon, are allowed for exclusively breastfeeding women.

May be packed in oil or water.

**Infant Cereal
Requirements**

Infant cereals must be plain without fruit and contain a minimum of 45 milligrams of iron per 100 grams of dry cereal.

**Infant Fruits
Requirements**

Any variety of single ingredient commercial infant fruit without added sugars, starches, or salt.

Combinations of single fruits (i.e. apples & bananas) are allowed.

**Infant Vegetables
Requirements**

Any variety of single ingredient commercial infant vegetables without added sugars, starches, or salt.

Combinations of single fruits (i.e. peas & carrots) are allowed.

Combinations of single fruits and single vegetables (pears and sweet potatoes) are allowed.

**Infant Meat
Requirements**

Any variety of commercial infant food meat or poultry, as a single major ingredient. Broth and gravy may be added as long as they are not the major ingredient.

Added sugars or salt are not allowed.

No infant food combinations (i.e. meat & vegetables) or dinners (i.e. spaghetti & meatballs) are allowed

Food Packages

There are seven food packages available in the WIC Program that may be provided to clients. The maximum amount of foods allowed for each food package is indicated in the tables following in this procedure.

Infants Fully Breastfed Food Packages		I	II
		Infants 0 - 5 months	Infants 6 - 11 months
Formula	Concentrate	NA	NA
	Powder	NA	NA
	Ready-to-feed	NA	NA
Cereal		NA	24 oz dry (3-8oz Infant cereal boxes)
Fruits & Vegetables		NA	256 Oz. (64 – 4 oz cntrs)
Meats		NA	77.5 oz (31 – 2.5 oz cntrs)

Infants Partially Breastfed Food Packages		I & III			II & III
		Infants 0 - 1 month A	Infants 1 - 3 months B	Infants 4 - 5 months C	Infants 6 – 11 months
Formula	Concentrate	NA	364 fl. oz.	442 fl oz	312 fl. oz.
	Powder	104 fl. oz.	435 fl. oz	522 fl. oz.	384 fl. oz.
	Ready-to-feed	NA	384 fl. oz.	448 fl oz	320 fl. oz.
Cereal		NA	NA	NA	24 oz dry (3-8oz Infant cereal boxes)
Fruits & Vegetables		NA	NA	NA	128 oz. (32 – 4 oz cntrs)
Meats		NA	NA	NA	NA

Infants Fully Formula Fed Food Packages		I & III		II & III
		Infants 0 - 3 months A	Infants 4 – 5 months B	Infants 6 - 11 months
Formula	Concentrate	806 fl. oz. (31 - 13 oz. cans)	884 fl. oz. 34 – 13 oz cans)	620 fl. oz. (24 - 13 oz. cans)
	Powder	870 fl. oz.	960 fl. oz	696 fl. oz.
	Ready-to-feed	832 fl. oz. (26 – 32 oz cans)	896 fl. oz. (28 – 32 oz cans)	640 fl. oz (20 – 32 oz cans).
Cereal		NA	NA	24 oz dry (3-8oz Infant cereal boxes)
Fruits & Vegetables		NA	NA	128 oz. (32 – 4 oz cntrs)
Meats		NA	NA	NA

FOOD PACKAGE		IV	V			VI	VII		
		Children 1 to 4 years	Pregnant & Partially Breastfeeding Women (up to 1 year postpartum)			Postpartum Women (up to 6 months postpartum)	Fully Breastfeeding (up to 1 year postpartum)		
Cereal		36 oz dry	36 oz dry			36 oz dry	36 oz dry		
Juice	Single Strength	128 fl oz (2-64oz bottles)	144 fl oz (2-64oz bottles)			96 fl oz (1-64oz bottle)	144 fl oz (2-64oz bottles)		
	Concentrate	288 fl oz reconstituted (3 11.5-12oz cans)	288 fl oz reconstituted (3 11.5-12oz cans)			192 fl oz reconstituted (2 11.5-12 oz cans)	336 fl oz reconstituted (3 11.5-12oz cans)		
Milk	Whole/Skim/Lowfat/Soy/Cultured Buttermilk/Acidophilus/Lactose Reduced	16qt (4 gal)	22 qt (5.5 gal)			16qt (4 gal)	24 qt (6 gal)		
	Evaporated 1 oz = 2 oz fluid milk	15 - 12oz cans + 1 gal milk	25 - 12oz cans + ½ gal milk			15 - 12oz cans + 1 gal milk	32 - 12oz cans		
	Dry	16 qt (2 boxes)	16 qt (2 boxes) + 1.5 gal milk			16 qt (2 boxes)	24 qt (3 boxes)		
Cheese		1# = 3qts milk maximum of 1 #	1# = 3qts milk maximum of 1 #			1# = 3qts milk maximum of 1 #	1# + 1# = 3qts milk maximum of 1 #		
Eggs		1 doz	1 doz			1 doz	2 doz		
Legumes	Dry beans/peas	1lb	1lb	1lb	2lb	NA	1lb	1lb	2lb
	And/Or	Or	Or	And	Or	Or	Or	And	Or
	Canned Beans	64 oz.	64 oz	64 oz	128 oz	64 oz.	64 oz	64 oz	128 oz
	And/or	Or	And	---	Or	Or	And	---	Or
	Peanut butter	18oz	1lb	NA	2 lb	NA	1lb	NA	2lb
Fish (canned)		NA	NA			NA	30 oz		
Fresh Fruit & Vegetables		\$6.00 check	\$10.00 check			\$10.00 check	\$10.00 check		
Whole Grains	Whole Wheat Bread	2 lb	1 lb	1 lb		NA	1 lb		
	And/or	Or	And	Or		NA	Or		
	Brown Rice	2 lb	1 lb	1 lb		NA	1 lb		
	And/or	Or	Or	Or		NA	Or		
	Tortillas	2 lb	1 lb	1 lb		NA	1 lb		

Women & Children Food Package III		Children	Women								
		1 through 4 years	Pregnant & Partially Breastfeeding Women (up to 1 year postpartum)			Postpartum Women (up to 6 months postpartum)		Fully Breastfeeding (up to 1 year postpartum)			
Cereal		36 oz dry		36 oz dry			36 oz dry		36 oz dry		
Juice	Single Strength	128 fl oz (2-64 oz bottles)		144 fl oz (2-64oz bottles)			96 fl oz (1-64oz bottle)		144 fl oz (2-64oz bottles)		
	Concentrate	128 fl oz reconstituted (1 11.5-12oz cns)		144 fl oz reconstituted (1 11.5-12oz cans)			96 fl oz reconstituted (1 11.5-12 oz cans)		144 fl oz reconstituted (1 11.5-12oz cans)		
Formula	Concentrate	455 fl. oz. (17 – 13 oz. cans)		455 fl. oz. (17 – 13 oz. cans)			455 fl. oz. (17 – 13 oz. cans)		455 fl. oz. (17 – 13 oz. cans)		
	Powder	910 fl. oz.		910 fl. oz.			910 fl. oz		910 fl. oz		
	Ready-to-feed	910 fl. oz. (28 – 32 oz cans)		910 fl. oz. (28 – 32 oz cans)			910 fl. oz. (28 – 32 oz cans)		910 fl. oz. (28 – 32 oz cans)		
Milk	Whole/Skim/ Lowfat/ Soy/Cultured Buttermilk/ Acidophilus/ Lactose Reduced	16qt (4 gal)		22 qt (5.5 gal)			16qt (4 gal)		24 qt (6 gal)		
	Evaporated 1 oz = 2 oz fluid milk	15 - 12oz cans + 1 gal milk		25 - 12oz cans + ½ gal milk			15 - 12oz cans + 1 gal milk		32 - 12oz cans		
	Dry	16 qt (2 boxes)		16 qt (2 boxes) + 1.5 gal milk			16 qt (2 boxes)		24 qt (3 boxes)		
Cheese		1# = 3qts milk maximum of 1 #		1# = 3qts milk maximum of 1 #			1# = 3qts milk maximum of 1 #		1# + 1# = 3qts milk maximum of 2 #		
Eggs		1 doz		1 doz			1 doz		2 doz		
Legumes	Dry beans/peas	1 lb		1lb	1lb	2lb	NA		1lb	1lb	2lb
	And/Or	Or		Or	And	Or	Or		Or	And	Or
	Canned Beans	64 oz.		64 oz	64 oz	128 oz	64 oz.		64 oz	64 oz	128 oz
	And/or	Or		And	---	Or	Or		And	---	Or
	Peanut butter	18oz		1lb	NA	2#	NA		1lb	NA	2lb
Fish (canned)		NA		NA			NA		30 oz		
Fresh Fruit & Vegetables		\$6.00 check		\$10.00 check			\$10.00 check		\$10.00 check		
Whole Grains	Whole Wheat Bread	2 lb	1 lb	1 lb			NA		1 lb		
	And/or	Or	And	Or			NA		Or		
	Tortillas OR Brown Rice	2 lb	1 lb	1 lb			NA		1 lb		

